SPICE ROADS
CYCLING

TOURING

KYUSHU ONSEN TO ONSEN

Tour Code
JPN-JKP

6 DAYS
5 NIGHTS

Destinations	Japan
Tour Meets	Fukuoka
Tour Ends	Beppu
Fly in to	Fukuoka Airport (FUK)
Fly out of	Oita Airport (OIT)
Group Size	4-14 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

4 Cycling days	**242** km Total cycling distance
61 km Avg distance / day	**686** m Avg climbing / day

PRICING

Price	US$ 4,250
Bike Hire (Hybrid Bike)	Included
Bike Hire (E-Bike)	US$ 240
Single Supplement	US$ 495

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

15 Mar - 20 Mar 2027
29 Mar - 03 Apr 2027
10 May - 15 May 2027
30 Aug - 04 Sep 2027
04 Oct - 09 Oct 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride 242 km over 4 cycling days. More than 75% mountainous terrain, Japan's southern island of Kyushu offers a remote and rugged experience hard to find within such a highly developed country. As a result, the route is mostly undulating with climbs, big and small, sprinkled throughout each day's ride. We cycle predominantly on quiet country roads, enjoying scenic views and immersing ourselves in the lifeways of rural Japan with stops at cultural sites along the way. In the afternoons there is time to explore the cities and visit onsen. Onsen with bathing facilities are available throughout the tour and our team will assist you in making arrangements, but please note that any associated costs are not included. Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way. This tour is fully supported with a vehicle following us at all times.

Suitability: This tour offers a mix of challenging and leisurely riding. Climbing can be expected on most days, with both gradual and steep ascents throughout the tour. Downhills and flat sections provide a nice balance and are just as prominent. Having a basic level of physical fitness, being comfortable on a bike, and possessing good handling skills will allow you to enjoy this tour more. A support vehicle is available at all times to provide refuge for weary riders. Almost all of the riding takes place on paved roads, so this tour is not suitable for any riders seeking off-road experiences.

Biking Conditions: We cycle almost entirely on paved roads. Most are in very good condition, though the occasional broken or cratered road does present itself. We cycle predominantly on small country roads but there are a few inevitable sections along the main roads. While near towns or popular attractions some busier traffic should be expected, for the vast majority of the tour there is very light traffic and we have chosen routes based on the most scenic and quiet roads available. Where possible, we ride on designated bicycle lanes. Rain showers can occur at any time – we generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

Day 1: Meet in Fukuoka

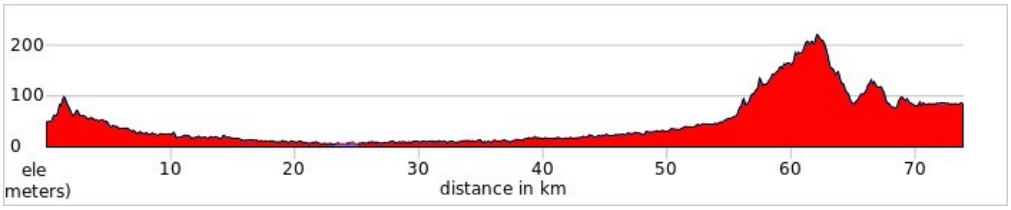
We meet in Fukuoka, Kyushu's largest metropolis and also one of Japan's most populated cities. For many centuries, Fukuoka has been an important node in East Asian maritime trade and, in fact, it is technically closer to Seoul, Korea, than to Japan's capital Tokyo! Our hotel is very easy to find as it is near the Hakata train station, which is a quick train ride from the airport. In the evening, we meet you at our tour hotel for a trip briefing and welcome dinner.

NEST Hotel Hakata Ekimae Dinner

Day 2: Fukuoka - Dazaifu - Hita

After breakfast, we transfer out of buzzing Fukuoka and to the city of Dazaifu. Before getting on the bikes we'll visit the Dazaifu Tenmangū, a popular Shinto shrine honoring the deity of knowledge and featuring centuries-old torii gates and beautiful plum trees. Then our first day of cycling begins, warming up our legs by riding leisurely along flat country roads leading to the Chikugo River, a lifeblood of the region. We follow the course of this river east for 20 km before again veering inland where we'll have a bit of climbing through a valley of forested hills and rice fields. After a refreshing descent we complete the ride by approaching Hita, a city renowned for its hot springs and Edo-era merchant houses. In the afternoon, you can go for a stroll on the historic Mameda Machi Street before we gather for dinner.

Hinano Sato Sanyokan Breakfast, Lunch, Dinner

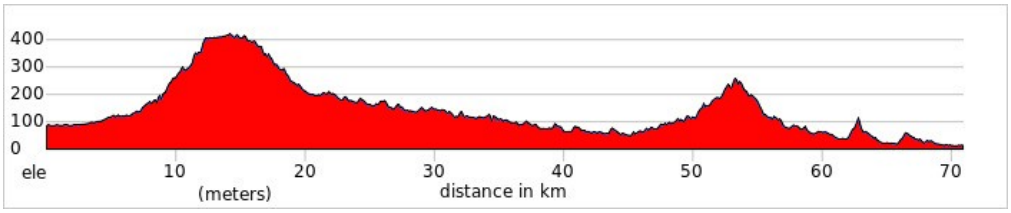


Ride 74km +526m -490m

Day 3: Hita - Usa

This morning, after a 10 km flat warm-up out of Hita, we'll tackle the climb up to the Fushiki Pass. The narrow, meandering road, flanked by dense forest, was once part of the "Kaido Highway," vital for trade in Japan's Edo period. Upon reaching the highest point, we'll cruise downhill to the Yamakuni River, following its course for 25 km. Then, we'll dip south along the smaller Yakata River, leading us to today's second climb up the Sakura Pass. The short ascent is followed by a fun downhill, then a flat stretch to reach the town of Usa. Before reaching our hotel we'll ride by Kure Bridge, once used by the Emperor's envoys to enter Usa and certainly looks the part! In the afternoon you can explore the famous Shinto shrine of Usa-jingū which dates back some 1,200 years and is the chief shrine among some 40,000 in Japan dedicated to the warrior-god Hachiman.

Hotel AZ Oita Ajimu Breakfast, Lunch, Dinner

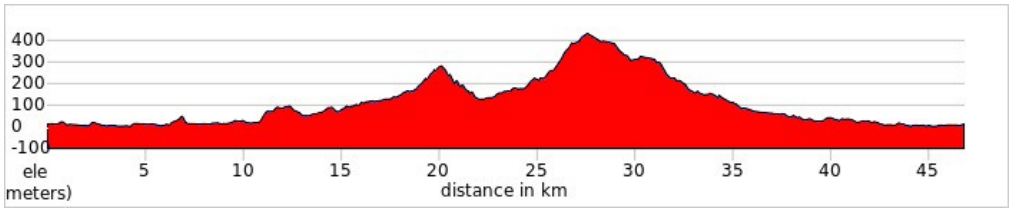


Ride 71km +933m -1006m

Day 4: Usa - Kunisaki

Today we reach the sea by traversing the Kunisaki Peninsula from west to east! In the center of the peninsula sits Mount Futago, a prominent stratovolcano shaping the region's hilly terrain. After an initial, mostly flat, 15 km through the rural areas surrounding Usa, we'll begin our climb into the highlands. We ride on quiet mountain roads with pleasant views over the surrounding valleys as we ascend to the top of two mountain passes over the course of around 15 km. Along the way we'll also be riding past some beautiful, rustic temples, chief among them being Fuki-ji, famous for its ancient wooden pagoda, one of the oldest in Japan. As we descend down from the second pass, we'll be greeted with views over the Seto Inland Sea. Once we reach sea level we complete the journey to the coastal town of Kunisaki where we spend the night.

Villa Kunisaki Breakfast, Lunch, Dinner

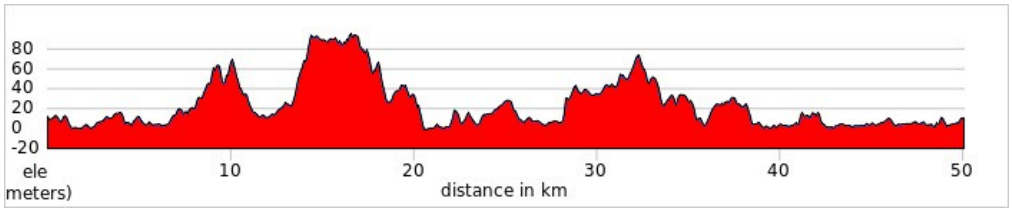


Ride 47km +786m -788m

Day 5: Kunisaki - Beppu

Our final ride takes us along an undulating inland route south to Beppu, one of Japan's most famous onsen towns. We'll be crossing several streams that trickle down from Mount Futago and, at the 22 km point, stop in the historic town Kitsuki. It is renowned for well-preserved feudal-period architecture, including traditional wooden houses, samurai residences, and stone-paved streets. The highlight is Kitsuki Castle, said to be the smallest castle in Japan. We then conclude the final stretch to Beppu, opting to ride along the main road for the final 10 km, allowing us to reach Beppu with plenty of time to indulge in a celebratory soak in an onsen! Beppu produces more hot spring water than any other resort in the country. It also has a range of baths to enjoy – ordinary hot water baths, mud baths, sand baths, and steam baths. In addition, the Hells of Beppu are several spectacular hot springs to view, but not to bathe in. The choice of onsen is yours and, in the evening, we'll meet for a farewell dinner.

Nishitetsu Resort Inn Beppu Breakfast, Lunch, Dinner



Ride 50km +497m -496m

Day 6: Beppu Departure

You are welcome to stay at the hotel until it is time to check-out. Feel free to extend your stay in Beppu or head to the airport or the train station for your onward travel.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

The bikes are well-known hybrid bikes. You can bring your own pedals, (rail type) seat, and handlebar extensions which we can fit for you. E-bikes are available at additional cost.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

All nationalities require a valid passport that must be valid for six months beyond the intended length of stay. Up to 62 countries have reciprocal visa exemption arrangements allowing nationals from those countries to enter Japan without a visa. Depending on the country, you are allowed to stay in Japan for a certain period of time, which can range from 90 days to six months. For more information, please visit here.

Health

There are no inoculations required for entering Japan though there are general recommendations which you can review here. Please speak to your doctor/physician for the most recent information.

Weather

Japan has a diverse climate. There are four seasons: from April to June is spring. The rainy season is from middle of June to the middle of July. July through end of September can be hot and humid temperatures in the big cities can go as high as 35 degrees Celsius.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, Most meals will be Japanese seafood; a typical breakfast would include rice, a piece of grilled fish, miso soup. We always carry some granola and Muesli with us for those in need. Dinners will include lots of different seafood - some cooked, some raw. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Japan, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$30 a day for incidentals. Tipping is not customary in Japan, although our guides have received and accepted tips on a voluntary basis.

Money

The currency in Japan is the yen (¥) and is pronounced as 'en', with no 'y' sound. Though ATMs are everywhere in Japan, it is not always easy to use them as most only work with Japan-issued bank cards and credit cards. The exception is Japan's post office ATMs which accept cards that belong to the following international networks: Visa, Plus, MasterCard, Maestro, Cirrus American Express and Diners Club cards. In addition to postal ATMs, you will find a few international ATMs in big cities and at the major airports. International cards also work in Citibank Japan ATMs.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking

conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid “in full” before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can’t run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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